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Keeping his young daughters in mind

Calgary businessman, who is a Saint Mary's University alum, to return degrees to show 'horror' at pro-rape frosh chant PAGE 3

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Alta. to announce more new schools in spring 2014

Late is better than never. Additional facilities would see through election pledge from premier

JEREMY NOLAIS
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Alberta communities that missed out during a slate of new-school announcements in May can once again get their hopes up come springtime, with the province planning to green light up to 22 more facilities.

Infrastructure Minister Wayne Drysdale said the plan is to approve a yet-to-be-determined number of school modernizations in "late fall" and then follow up in early 2014 with the rest of the 50 new schools pledged by his government during the election.

"It depends if there's a real need to move one school up (to the fall announcement)," he said. "But that's generally the idea, is the modernizations this fall and new schools next spring again."

During last year's provincial election campaign, Premier Alison Redford pledged 50 facilities would open and 70 modernizations would be completed in time for the 2016 ballot. But education advocates and school board officials alike learned that timeline would change as the province faced harsh fiscal realities.

Quoted

"We have been advocating, as a board, emphatically for the recognition that we are growing this quickly, that we are this size and that our need for space is that significant."

Catholic board trustee chair Mary Martin

The province did announce 28 new schools and two modernizations in May and Drysdale said the spring announcement would cover off the remaining commitment for new facilities. He did not provide an exact timeline for the remaining modernizations.

Jacquie Hansen, president of the Alberta School Boards Association, said she wasn't aware of the spring announcement, but welcomed word of new facilities. She noted facility shortages are being experienced well beyond cities seeing rapid growth, like Calgary and Fort McMurray.

"I think we all talk about those areas that are particularly squeezed, but I think every school board in the province has got a backlog," she said.

But local proponents were quick to point out nine facilities announced for Calgary in May — six for the Calgary Board of Education, two for the Calgary Catholic School District and a replacement francophone school — are not near enough to keep up with anticipated student populations. Collectively, the city's two major boards estimate 5,000 more kids walked through their doors when classes resumed last week.

"The implications for our kids are obvious," said Catholic board trustee chair Mary Martin. "We have been advocating, as a board, emphatically for the recognition that we are growing this quickly, that we are this size and that our need for space is that significant."

Parents like Craig Gorham will also be watching the announcements closely. He lives in the southeast community of McKenzie Towne, which the CBE has listed in its capital plan as being in need of a $24-million middle school.

Gorham's oldest son is in Grade 4 and will likely miss out on attending the planned school even if it's approved next year, but he has two more on the way.

"It would certainly make the transition earlier," Gorham said, noting the community elementary school is a 90-second walk from his home. "I still have a lot of kids that would benefit from it."

HANGING UP HIS HELMET

Calgary Flames goalie Miikka Kiprusoff, from Finland, rests during training camp in Calgary on Jan. 14, 2013. Kiprusoff is retiring. He spent the last nine seasons with the Flames. See story, page 25.

JEFF MCINTOSH/THE CANADIAN PRESS

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Elliston Park

Fireworks debris 'unacceptable': City

City officials were surveying fireworks debris and other litter left behind at a south-east Calgary off-leash dog park Monday and said they would address concerns with the organizers of a festival that users deemed responsible for the mess.

Metro first reported Sunday on a wide field of debris and other litter at Elliston Park, site of the annual GlobalFest fireworks festival. Jagged shell fragments, coconut-like casings and singed fuses were among the items gathered by dog owners hoping to make the case for a better cleanup job.

Some people walking their dogs at the park said problems associated with festival litter had been going on for years, adding they feared for the safety of their furry loved ones should the animals walk on the debris or ingest it.

But Doug Coutts, the area City of Calgary parks superintendent, said the complaints Sunday were the first he'd heard. Still, he deemed it "unacceptable" for non-biodegradable items like the hard shells to be left behind.

Coutts said other litter spotted at the park, including chip bags and pop cans, should also have been gathered by GlobalFest staff. Their 11th annual showing ran from Aug. 16 to 25.

Festival producer Ken Goosen said Sunday his festival strives to do a thorough cleanup job every year. He pointed to a fireworks demonstration at the park coinciding with the Calgary Stampede centennial last year as potentially being partly to blame.

JEREMY NOLAIS/METRO

Calgarian returning Saint Mary's degrees

Protest. Businessman's decision spurred by students' pro-rape chant

JEREMY NOLAIS
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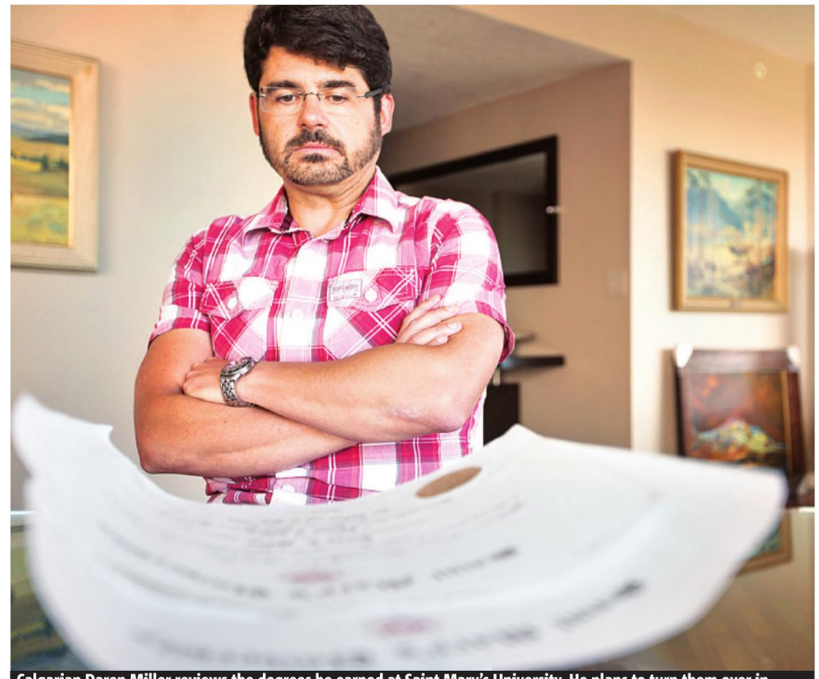
Daren Miller said he "worked (his) butt off" to obtain degrees in economics and finance from Saint Mary's University.

But next Monday the Calgary chartered financial analyst plans to march onto the institution's Halifax campus, turn over his two scrolls and demand his name be pulled from graduation records in a show of solidarity against a pro-rape chant allegedly led by student representatives at the storied eastern Canadian university

A video of the chant shows a large group of students who appear to advocate the rape of minors.

"Y is for your sister ... U is for underage, N is for no consent," the group cheers.

Miller first learned of the video Friday.



Calgarian Daren Miller reviews the degrees he earned at Saint Mary's University. He plans to turn them over in Halifax next week to protest a pro-rape chant at the school involving students during orientation week.
GLENN KELLY/FOR METRO

Fallout

Two of Saint Mary's students will face a disciplinary hearing in the next 10 days in relation to the chant and could face a variety of penalties, including fines, suspension or expulsion. Jared Perry, president of the school's student union, which oversees orientation-week activities, has already resigned.

"My initial reaction was complete horror with the zeal of these young men and, even more shocking, that there were these young women in the video," he said, before pointing the finger squarely at the atmosphere of the university.

He said if the culture at the school he called home from 1990 to 1995 improves, he would proudly display his accomplishments again.

The father of two said his decision came almost immediately after viewing the chant, which broke out during Saint Mary's orientation week.

"I immediately thought of them," he said of his two young daughters. "I would never send them to Saint Mary's, and I could not imagine them seeing my degrees framed or inquiring about them."

A spokesperson for the school reached via email Monday did not indicate whether they would actually grant Miller his request to be removed from the graduation records.

"We are looking forward to meeting with him (Miller) and listening to what he has to say," Steve Proctor said in a statement. "Whatever course of action is taken will follow from that meeting."

Follow Jeremy Nolais on Twitter @Metro_Nolais

‘RoboParkade’ project given the green light

Downtown. Project would maintain heritage characteristics of existing development on the block

ROBSON FLETCHER
robson.fletcher@metronews.ca

Why park your own car when you can let the parkade do it for you?

That’s the thinking behind a proposed new development for downtown Calgary that would see drivers drop off their vehicles at an intake point and allow a robotic apparatus to take care of moving, storing, retrieving and returning them.

“It’s so much more efficient in its use of space,” Mayor Naheed Nenshi said Monday. “As long as it works, it’s going to be how all parking garages are built from now on.”

Nenshi and a majority of council voted in favour of moving the project forward, although there are additional hurdles it still needs to clear before shovels hit the ground on the south side of 7 Avenue S.W. between 1 Street and Centre Street.

Fronting directly onto the LRT tracks, access to the proposed parkade — which could eventually include office space above it — would happen in a one-way back lane, something that raised concern for several members of council, including Ald. Andre Chabot.

“I struggle to see how this is actually going to function without creating some additional congestion,” he said, adding that the idea itself is a “brilliant concept.”

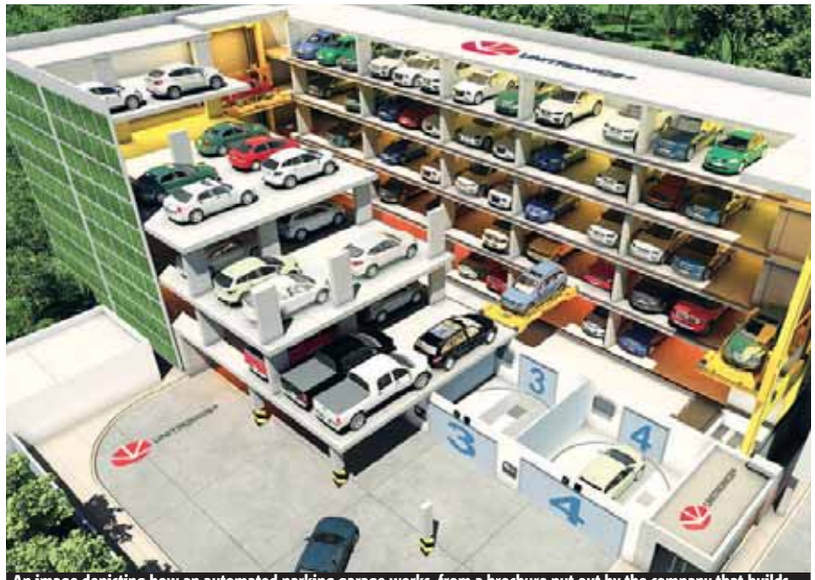
Gary Senft of Unitronics, the company that builds the robotic system, said the technology is not particularly new and similar parkades have been around for the past 25 to 30 years, particularly in Europe and Asia.

The proposed parkade could house up to 388 vehicles at a time, which is two to three times more than could fit with a “conventional ramp system,” Senft said.

Quoted

“Frankly, we’ve been waiting for a development to come forward, a proposal to come forward, for this strip ... and we have on the table, I think, an acceptable proposal and one I’m quite intrigued by.”

Ald. Richard Pootmans on the “RoboParkade” proposal



An image depicting how an automated parking garage works, from a brochure put out by the company that builds the systems. COURTESY UNITRONICS

‘Vending machine for cars’

City authority eyes its own automated parkades

In addition to a private automated parking facility approved Monday, officials with the Calgary Parking Authority also could go the high-tech route when it comes time to construct future lots in the city’s downtown core.

General manager Troy McLeod said his organization is exploring the cost and logistical benefits of automated parkades, which he says “are everywhere these days.”

“It’s kind of a vending machine for cars,” he said. “That’s probably a pretty good way to put it.”

Cars are driven to a street-level entrance point and then transported using elevators to an available stall, which are constructed in a vertical stack. There’s no need for entrance and exit ramps, McLeod noted.

McLeod said the authority will likely begin developing “one or several” new parkades in the downtown core within the next three years and could go the automated route.

JEREMY NOLAIS/METRO

Flames fan Dwayne Lewis wears a Kiprusoff shirt. GLENN KELLY/FOR METRO

Hockey fans left with fond memories of Kipper

Hockey fans across Calgary will soon bid farewell to number 34.

The Calgary Flames announced Monday morning on their website that longtime goalie Miikka Kiprusoff had announced his retirement.

For nine seasons, Kiprusoff defended the Flames’ net against an onslaught of shots, keeping most out with a style and flare that has made him a legend around these parts.

When word of Kipper’s departure made its way through social media, fans took time to remember the netminder’s spectacular saves.

“Definitely the paddle save. I think it was ’06? He turned around and dove and just caught it with the paddle of the stick. There’s thousands of saves you could think of,” said fan Sameer Remtulla.

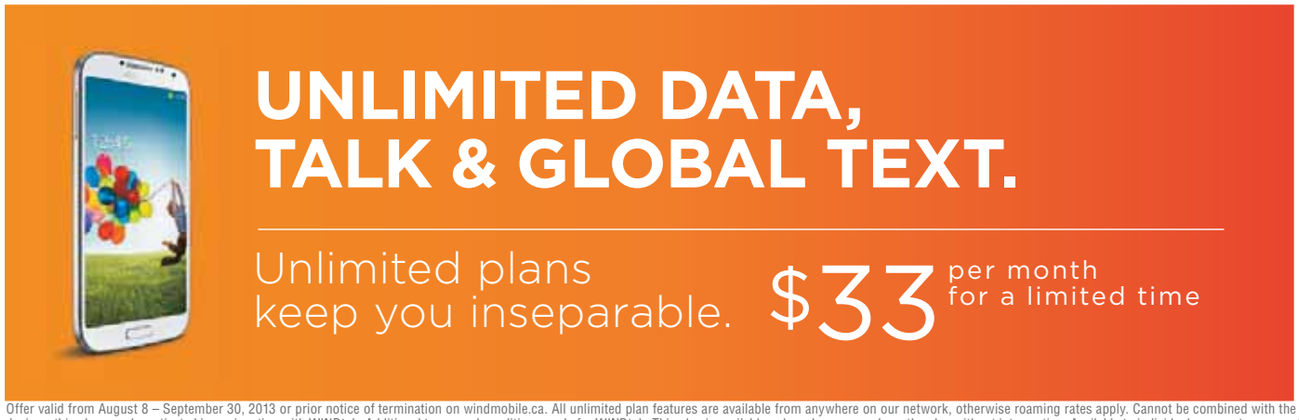
And thousands there were, each one delighting fans as much as the last.

“As a Flames fan it’s hard to see him go,” said Kassidy Collins. “It’s going to be a hard guy to replace, good luck to Jay Feaster.

“The way he played, he was able to get the team going around him and rally the troops. We couldn’t have won half the games that we won without him”

Kiprusoff ends his career as the Flames all-time leader in wins (305), games played (576) and shutouts (41).

GLENN KELLY/FOR METRO



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Head, chest injuries most common in cycling: Study

Preventing injuries. Authors of study suggest the wearing of 'biking flak jacket'

GLENN KELLY
calgary@metronews.ca

Fresh on the heels of the Tour of Alberta cycling event, a new study on cycling injuries was released Monday, reminding all bike riders to wear the standard protection — and maybe more.

All forms of biking were included in the study, which was conducted over a 14-year period and comprised research into severe, life-threatening incidents in southern Alberta, involving 11,772 patients.

According to Dr. Chad Ball, senior author of the study, two things stood out when looking for patterns in the incidents: Associated risk factors and injury prevention.

"The incidents of head injuries remains high, and that presumably is due to not wearing enough helmets enough of the time, and the second thing is a very high instance of chest injuries. That's a little bit harder to protect against, because you have to wear essentially a biking flak jacket," says Ball.

Though Ball admits the flak jacket may not be practical in all cases, he says it's still important that the public remember to wear a helmet, regardless of whether it's fashionable.

"The implications and the impact of having a severe traumatic brain injury are life long. Often times you can't go back to work, you can't function independently," says Ball.

Brain function over fashion

67%

The study found that 67 per cent of biking incidents involved head injuries, while 34 per cent involved chest injuries, such as rib fractures.

Dr. Chad Ball, lead author of a recent study on bike crashes, is advocating the use of helmets, regardless of whether they're fashionable. GLENN KELLY FOR/METRO

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Sex offender seemed indifferent in group counselling: Social worker

A social worker says convicted sex offender Dustin Paxton feigned indifference during group counselling sessions but exerted a great deal of control over other members of the addiction group.

Lori LaRose, a clinical social worker at the Southern Alberta Forensic Psychiatry Centre, testified Monday at the resumption of Paxton's dangerous-offender hearing in Calgary.

Paxton, 33, was found guilty in February 2012 of aggravated and sexual assault against his former business partner and roommate after a man was found dumped at a Regina hospital in 2010 — badly emaciated, bruised, broken and bleeding.

LaRose said Paxton took part in four one-hour group sessions aimed at helping inmates deal with the impact that alcohol, drugs or gambling had on them and family members.

She said while Paxton was one of the first to show up for the meetings and took on a bit of a leadership role, he never shared with the group.

"He always took a pass. What I observed was more indifference — non-verbal communication to the other participants," said LaRose. "He was jumpy and a little bit agitated. Mostly staring and glaring."

THE CANADIAN PRESS

Columbia Icefields

Hiker's body recovered in Banff

Parks Canada staff and Lake Louise RCMP located the body of a 54-year-old Massachusetts man in Banff National Park after he was reporter missing Sunday.

RCMP said they were contacted when the hiker and his partner were trying to summit Parker Ridge. The partner turned around due to fatigue, but the victim continued on. METRO

Twitter faceoff. Nenshi apologizes for comment

Mayor Naheed Nenshi apologized to anyone who was "truly offended" by his use of a common phrase over the weekend in a Twitter spat with a Sun News personality.

The online back-and-forth between Nenshi and Ezra Levant continued to garner attention more than 24 hours after it happened, particularly the part in which the mayor responded to what he described as a loaded question with a reference to the most common example of such a question: "When did you stop beating your wife?"

Levant called the remark "vicious" and suggested the mayor was making light of domestic violence.

In his statement Monday, Nenshi said Levant "knows what this phrase means" and was simply "trying to make an issue" of it.

ROBSON FLETCHER/METRO

Mount Royal. Former student president to spend 18 months in jail

Robbing a bank in broad daylight with the threat of a weapon will land the former president of Mount Royal University's students' association behind bars for 18 months.

The sentence was handed down Monday to Meghan Melnyk, 29, in relation to a February 2012 incident at a Servus Credit Union in the 5300 block of 68th Avenue SE.

Court heard Melnyk was in need of money and "extremely stressed" with her position as student representative at the time.

She fled the Servus location with more than $6,000 in cash but was arrested by police less than an hour later.

Crown prosecutor Ken McCaffrey said after sentencing he'd pushed for a four-year jail term but was unlikely to appeal a reduced sentence for Melnyk.

He said the sentence "shows it doesn't matter who you are — the law will catch up with you."

Melnyk appeared emotionless as the judge read her sentencing rationale.

JEREMY NOLAIS/METRO

Lethbridge long-term care home. Staff find mice nibbling patient's face

A health-care advocacy group says a dementia patient at a long-term care home in southern Alberta is recovering after a staff member found mice nibbling at her face.

Friends of Medicare says it happened at St. Therese Villa in Lethbridge on Sept. 1.

"We found out that last Sunday ... one of the staff of that facility walked into this resident's room and found mice nibbling on her face," said Sandra Azocar, executive director of Friends of Medicare.

"The lady was in fact bitten and now she's been medically treated for that.... I'm completely horrified. I think it's beyond words. I can't imagine being that lady who had this happen to her."

The woman also has disabilities and would not have been able to move the mice off her face, Azocar said.

Staff at the 200-bed facility operated by Covenant Health first complained about mice about a year ago, Azocar said. She added the care centre, built in 2008, also has had a bedbug infestation for about nine months.

Covenant Health issued a statement Monday saying they are working with AHS to remedy the situation.

THE CANADIAN PRESS

Travis Baumgartner is taken from a van by Canadian Border Services officers at the Aldergrove, B.C., border crossing in June 2012. Baumgartner pleaded guilty to the murders of three of his fellow security guards. JONATHAN HAYWARD/CANADIAN PRESS

Suspect in fatal car heist pleads guilty

Edmonton courtroom. Travis Baumgartner killed three coworkers in June 2012

A man charged in a bloody armoured-car heist at the University of Alberta has reached a plea deal in the deaths of three of his colleagues.

Travis Baumgartner has pleaded guilty to one count of first-degree murder and two counts of second-degree murder before a judge alone.

He has also admitted to an original charge of attempted murder in the serious wounding of a fourth guard.

An overnight crew of five armed guards employed by security company G4S was reloading ATM machines on the university campus in June 2012.

A statement of facts entered in court says Baumgartner shot three guards in the head as they stood with their backs to him, then returned to the waiting armoured truck and shot a fourth co-worker.

Monday

Family members delivered victim-impact statements after the guilty pleas.

Court was told he had joked with a friend about robbing his employer and had sent a text that said: "This is the night."

Baumgartner's first-degree murder plea applies to the death of Eddie Rejano, 39, a father of three who had started working for the company six months earlier. Baumgartner pleaded guilty to second-degree in the deaths of newly wed Michelle Shegelski, 26, and Brian Ilesic, 35, the father of a daughter.

Matthew Schuman, who was 25 at the time, was rushed to hospital and survived a bullet to the head.

THE CANADIAN PRESS

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Watchdog weighs ethics of Ford drug-use stories

Toronto Mayor Rob Ford has added fuel to the controversy surrounding his alleged drug use by admitting he's smoked "a lot" of pot. MICHELLE SIU/THE CANADIAN PRESS

Responsible reporting. Dozens of complaints filed against Toronto Star, Globe and Mail

Canada's two largest newspapers defended their reporting of drug allegations against Toronto Mayor Rob Ford and his councillor brother on Monday.

The Toronto Star and The Globe and Mail were called before the Ontario Press Council after dozens of readers complained about their coverage.

The council is looking into a Star story on an alleged video of the mayor smoking crack cocaine, as well as a Globe story on his brother Doug's alleged drug dealings. It is weighing whether the newspapers "engaged in irresponsible, unethical investigative reporting."

Star reporters made at least 14 attempts to reach the mayor the night before publication, editor Michael Cooke said.

Main complainant Darylle Donley accused the paper of letting its distaste for the mayor's policies taint its coverage. She said the alleged video could easily be a fake.

The complaint against the Globe focused on an article published on May 25 that alleged that Doug Ford had, in his youth, been a drug dealer.

The main complainant, Connie Harrison, took issue with the paper's use of anonymous sources, which she said undermines the public's trust.

Editor John Stackhouse said the Globe had no choice but to rely on unnamed sources. The only other option would have been not to publish at all, but given the serious nature of the allegations — and Doug Ford's political influence — that would have been "irresponsible," Stackhouse said.

Reporters took great pains to test each source's credibility, returning for several interviews during the 18-month investigation, he said. THE CANADIAN PRESS

Jeffrey Baldwin. Death of child a surreal horror story

The first emergency crews to find the body of a Toronto boy are still deeply disturbed by the sight of his skeletal frame more than 10 years later, a coroner's inquest heard Monday.

But the boy's grandmother, his primary caregiver who had summoned them to the home with a nonchalant 911 call, treated his death as an annoyance, a pair of first responders told the inquest into Jeffrey Baldwin's death.

Four years after his grandparents got custody of Jeffrey and his three siblings, he died from complications of chronic starvation.

Jeffrey Baldwin CONTRIBUTED

Elva Bottineau and Norman Kidman have already been convicted of second-degree murder. The coroner's inquest is exploring systemic issues.

The inquest heard a recording of the 911 call Bottineau placed.

"Apparently my grandson is not breathing right now," she says. THE CANADIAN PRESS

Gun laws

Should the blind be packing heat?

Some blind people are granted gun permits in one U.S. state, and law enforcement officials are debating the wisdom of it.

The Des Moines Register reports that Iowa law doesn't allow sheriffs to deny a permit to carry a gun in public based on physical ability. Blind people can obtain the permits for carrying a weapon in public because of changes to state law that took effect in 2011.

Jane Hudson with Disability Rights Iowa said federal law requires states to analyze a situation individually before denying a service.

"The fact that you can't drive a car doesn't mean you can't go to a shooting range and see a target," Hudson said. THE ASSOCIATED PRESS

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page 82
REASONS MOMMY DRINKS
A hilarious guide to parenthood. In bookstores now.

Obama goes on media blitz to sell Syria strike to America

Six TV interviews.
President will consider proposal for Assad to surrender chemical weapons, but still aims for congressional support

A possible diplomatic solution to avoid a U.S. military strike arose Monday when Syria swiftly welcomed a suggestion to move all of the country's chemical weapons under international control. President Barack Obama said the proposal could be a potential breakthrough but he remained skeptical that Syria would follow through.

The White House pressed ahead with efforts to persuade Congress to authorize a military strike, and Obama said the day's developments were doubtless due in part to the "credible possibility" of that action. U.S. officials insisted that Syrian President Bashar Assad's government must be held accountable for using chemical weapons regardless of what happens to its stocks.

But the diplomatic opening could provide Obama with a way out of a messy political and foreign-policy bind. It followed a remarkable chain of events that started with a suggestion from Secretary of State John Kerry, followed by a proposal from Russia and immediate endorsement by the UN secretary-general.

Obama told NBC News in an interview Monday that he's taking a statement from Damascus welcoming the idea "with a grain of salt initially." But he said he would "absolutely" halt a U.S. military strike if Syria's stockpiles were successfully secured.

"My objective here has always been to deal with a very specific problem," Obama said in an interview with ABC News. "If we can do that without a military strike, that is overwhelmingly my preference."

THE ASSOCIATED PRESS

In this frame grab from video taken Sunday and provided by CBS This Morning, Syrian President Bashar Assad responds to a question from journalist Charlie Rose during an interview in Damascus, Syria. In the interview broadcasted Monday on CBS, Assad threatened to retaliate for any military strike launched in response to the alleged chemical-weapons attack. THE ASSOCIATED PRESS

Estranged. Zimmerman split quickly turns nasty

George Zimmerman
GETTY IMAGES FILE

The estranged wife of a former neighbourhood watchman acquitted in the shooting death of a black teenager called police officers Monday, saying her husband threatened her and her father with a gun.

Shellie Zimmerman called police shortly after 2 p.m. Monday, said Police Chief Steve Bracknell. In the call, she said George Zimmerman punched her father in the nose, grabbed an iPad out of her hand and smashed it and threatened them both with a gun.

Shellie Zimmerman, who has filed for divorce, initially told an emergency dispatcher that her husband had his hand on his gun as he sat in his car outside the home. But hours later she changed her story and said she never saw a firearm, said Bracknell. THE ASSOCIATED PRESS

Secret court motions

Facebook, Yahoo want to disclose data on FISA orders

Facebook and Yahoo asked a secret court Monday to allow them to disclose data on national security orders the companies have received under the Foreign Intelligence Surveillance Act.

THE ASSOCIATED PRESS

Social media

Iran likes Facebook for its politicians, but not its citizens

Iran's curious world of online politics is a bit more crowded with members of President Hasan Rouhani's Cabinet encouraged to open their own Facebook pages — in a country where authorities try to block the public from social media.

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Rodman says he's going back to visit 'good guy' Kim

Game plan. Retired NBA star says the autocratic leader has asked him to train North Korean players for the 2016 Olympics

Dennis Rodman is going back to North Korea, and bringing a team of former NBA players with him.

Days after returning from his second trip to visit Kim Jong Un — in which he said he became the first foreigner to hold the leader's newborn daughter — Rodman announced plans Monday to stage two exhibition games in North Korea in January.

The first will be Jan. 8 — Kim's birthday — with another to follow two days later.

Former NBA basketball player Dennis Rodman speaks to the media in New York, Monday.
JOHN MINCHILLO/THE ASSOCIATED PRESS

Rodman insisted at the Manhattan news conference that Kim is a good person who wants to have better relations with the United States.

Though saying he didn't want to discuss politics, Rodman raised his voice when answering a questioner about Kim's human-rights record and portrayed himself as the person who could make outsiders see the young leader as different than his father and grandfather. "He has to do his job but he's a very good guy," Rodman said.

He talked around a question about American citizen and Christian missionary Kenneth Bae, who was arrested in November. Rodman said lobbying for the release of a prisoner wasn't his job, blaming U.S. President Barack Obama for not reaching out to ease tensions between the countries.

THE ASSOCIATED PRESS

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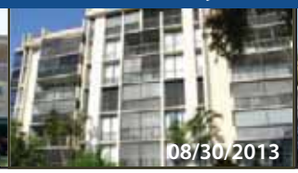

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Brazil. New leaks reveal U.S. spying on Google, oil company

Documents leaked by Edward Snowden indicate the National Security Agency spied on Brazil's state-run oil company, the private computer networks of Google and a company that facilitates most of the world's international bank transfers, a Brazilian TV report says.

Globo TV, however, gave no information about what the NSA may have obtained from Petrobras, Google and the Belgium-based Society for Worldwide Interbank Financial Telecommunication, which oversees international bank transfers thought to be secure transactions.

All three companies are included in an NSA training manual for new agents on how to target the private computer networks of big companies, the report said.

THE ASSOCIATED PRESS

High time a record was broken

Mother giraffe Jang-Soon rubs her calf at the park in Yongin, South Korea. Officials at the park announced Monday that Jang-Soon gave birth to her 18th calf, what the park says is a new world record. The birth on Sunday came coincidentally on Jang-Soon's 27th birthday.

SAMSUNG EVERLAND/THE ASSOCIATED PRESS

'Politics in Russia was finally born'

Moscow mayoral election. Despite losing, Opposition leader describes outcome as a victory

Opposition leader Alexei Navalny

SERGEI GRITS/THE ASSOCIATED PRESS

Opposition leader Alexei Navalny on Monday night defused anger over the Moscow mayoral election, telling a vast square of cheering supporters to celebrate his surprisingly strong second-place finish as a victory that gave rise to real political competition in Russia.

Navalny has claimed that Sunday's vote was manipulated to give the Kremlin-appointed incumbent, Sergei Sobyanin, the slim majority he needed to win in the first round and avoid a runoff. Russia's most respected election monitoring group also questioned the accuracy of the vote.

But rather than call for angry protests like those he led after the fraud-tainted 2011 national parliamentary election, Navalny urged his supporters to keep up the kind of grassroots political activism that helped him defy all expectations and win 27 per cent of the vote.

Sunday's election was in some ways less about Sobyanin, who many agree has brought positive change to Moscow, and more about the depth of discontent with President Vladimir Putin, especially among the young and middle class. Navalny, 37, attracted thousands of enthusiastic volunteers.

"During these elections, politics in Russia was finally born," Navalny told the crowd that filled Bolotnaya Square.

The Navalny who took the stage Monday night was a more restrained and mature-sounding version of the fiery protest leader who inspired the mass protests against Putin that stretched through the winter of 2012.

He said the time may come when he will call on supporters to protest in defiance of police, "to turn over cars and light flares," but for now he asked them to keep up their political work through elections.

The next question is whether the Kremlin remains determined to see him in prison. Navalny was convicted in July of embezzlement in a case seen as part of a Kremlin effort to sideline him. THE ASSOCIATED PRESS

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Hadfield touches down to launch new Ivey building

London, Ont. Business students benefit from some out-of-this-world advice as part of $110M complex's grand opening

SCOTT TAYLOR
Metro in London, Ont.

Cmdr. Chris Hadfield takes the stage Monday at Western University, urging a crowd of business students to be prepared for anything that comes their way. ANGELA MULLINS/METRO

The astronaut who became a star instilled Western University business students with a message of hope tempered with reality on Monday.

"Prepare for the worst," urged Cmdr. Chris Hadfield, considered by some to be Canada's greatest gift to space since the Canadarm. Back on earth after more than five months at the helm of the International Space Station (ISS), Hadfield was invited to Western as part of the school's unveiling of the $110-million Richard Ivey Building.

Hadfield noted how much the world has changed since the end of the Second World War, marvelling over the many "antagonistic countries" that worked together to build the ISS. "To think about that transition happening in less than a lifetime, of all of that hatred and misunderstanding and individual agendas, and now there's a mission control for the space station in Japan, one in Germany, one in Moscow, in Canada and the United States," he said.

Richard Ivey Building stats

- The Ivey Business School's new showpiece boasts three student lounges, 15 78-seat classrooms and five 50-seat classrooms. It also has enough exterior glass to cover 10 basketball courts.

Kryptonian currency. Mint unveils Superman coins

Superman has received the Canadian royal treatment. The Royal Canadian Mint unveiled seven coins Monday, each depicting different moments in the superhero's history, in order to mark the character's 75th anniversary.

The coins also feature an engraved message reading "75 years of Superman" in the character's native language, Kryptonian. One of the coins depicts Superman flying above Metropolis with the famous Fortress of Solitude in the background.

The 14-karat gold coin sells for $750 and is supposed to be like the original design of Superman's Canadian co-creator, Joe Shuster. The other six coins have a price range from $29.75 to $129.75.

The designs include a 3-D hologram of Superman flying and an almost pure silver coin of Superman in his latest uniform. THE CANADIAN PRESS

Superman fan Norman Antonio wears a costume as he attends the unveiling of the Royal Canadian Mint's Superman commemorative coins in Toronto on Monday. MICHELLE SIU/THE CANADIAN PRESS

Retail

CPPIB, Ares to buy Neiman Marcus

A $6-billion US deal for American luxury retailer Neiman Marcus comes at a good time because the strengthening U.S. economy provides opportunities for growth, the Canada Pension Plan Investment Board said Monday after announcing it's partnering with private equity firm Ares Management to buy the Dallas-based company.
THE CANADIAN PRESS

Market Minute

DOLLAR 96.40¢ (+0.33¢)

TSX 12,854.64 (+33.72)

OIL $109.52 US (-$1.01)

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SHE SAYS

Jessica Napier
metronews.ca

I'm a sucker for a daily deal. If you tempt me with 62 per cent off a spa package or discounted eyelash extensions, there's a pretty good chance I'll punch in my credit card information.

Today, there are more than 300 group-buying websites worldwide offering an infinite number of ways to help you look, feel, eat and live better for less. At the best of times, these e-commerce portals have a lot to offer both merchants and consumers, helping retailers bring in new customers and providing thrifty folk a great opportunity to try out local businesses on the cheap.

However, I'm starting to find that I'm racking up my Visa card with high expectations only to feel let down when these discounted experiences don't exactly pan out.

Admittedly, sometimes it's my own fault. Promotional emails usually show up in my inbox before my morning coffee has kicked in which leads to impulsive purchases without any consideration of when I'll use the coupon or whether I actually have any interest in the product on offer. I mean, how many gallery wrapped canvas prints does one person really need?

These spontaneous buys often result in a subpar user experience. Overlooking the imminent expiry date on your gym pass can make it impossible to attend enough classes to make it worthwhile. And forgetting to read the fine print means you'll probably gloss over some important restrictions, such as those details stipulating your coupon for a romantic dinner for two is actually only valid between 5 p.m. and 6 p.m. on Mondays.

I know when I'm to blame when it comes to not getting the most out of my discounted purchases. But what happens when you do everything right and still wind up disappointed?

Last Christmas, my boyfriend received a voucher to test drive exotic cars at a nearby race track. Unfortunately, after dozens of phone calls and emails sent to the company that was offering the deal, it became apparent that scheduling a spot for him behind the wheel wasn't going to happen.

And this certainly isn't the only case of an online coupon gone sour. I know plenty of people who have had similar experiences with local merchants abruptly closing up shop or making it so difficult to book appointments that buyers are forced to just give up altogether.

Most sites offer refunds or credit for defunct deals, with the onus on the individual buyer to follow up and demand their money back. That said, I'm still waiting to hear back from a couple of companies regarding my own unsatisfactory experiences and am learning to be much more cautious when it comes to these bargain buys.

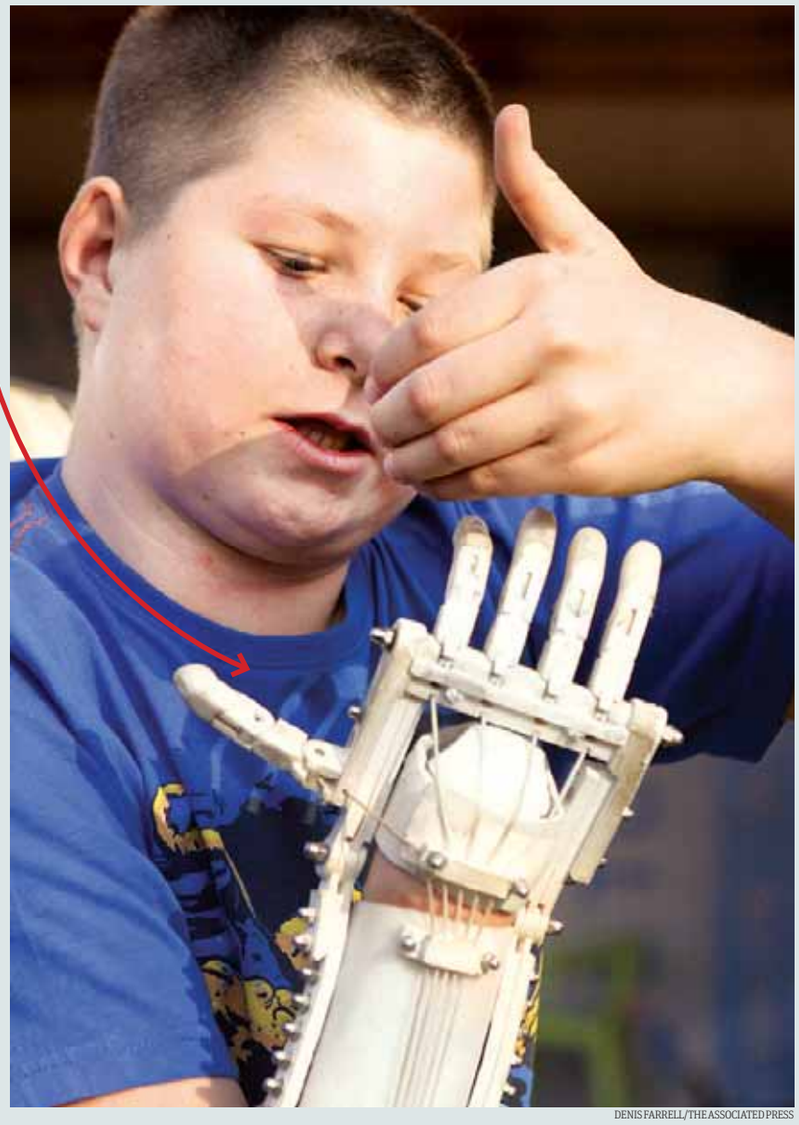
Because sometimes those frugal finds really are too good to be true.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Do you need a hand?

3D printing helps replace lost digits



DENIS FARRELL/THE ASSOCIATED PRESS

Dylan Laas shows how his Robohand works.

Laas, who was born with Amniotic Band Syndrome, got his hand from South African carpenter Richard van As, who lost four fingers to a circular saw two years ago and started work on building the Robohand after seeing a video posted online of a mechanical hand made for a costume in a theatre production. Since then, van As has fitted Robohands on about 170 people, from toddlers to adults.

THE ASSOCIATED PRESS

The motivation

"After my accident, I was in pain ... Sometimes you have to chop fingers off to start thinking."

Richard van As, Robohand creator

The details

- It's made from cables, screws, 3D printing and thermoplastic. It uses the rotation of a joint to enable five plastic digits to grasp.
- It costs $500 to make.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online music store that allows customers to buy music directly from the artists, usually for only a few bucks and with an added bonus of being able to preview albums in full. Here are some Canadian artists to check out.

COURTESY BANDCAMP

How Sad:
Despite the weather trending toward the chilly, How Sad fits in perfectly with the two groups mentioned below as sunny day soundtrack while taking care of the synthpop side of things. Let's hope fall co-operates enough to provide us with a few nice afternoons to enjoy them with.
(howsad.bandcamp.com)

Sean Nicolas Savage:
An obnoxiously prolific Montrealer who is equally at home writing breezy summer ballads and electro oddities. Flamingo is about as pleasant as an album gets.
(seannicholassavage.bandcamp.com)

Grounders:
A beautifully handled collision of psychedelia, surf guitar and earworm pop, this Toronto band's debut EP is an absolute gimme.
(grounders.bandcamp.com)

Twitter

TODAY!

@metropicks asked: Bitcoin kiosks that exchange cash for digital money will come to Canada. Will you be converting?

@Canucklehead_ca: To bitcoins? No way - people should hold off for my 'Lincoins' kiosk which will dispense IOUs. (As good as money.) INVEST

@BrookeBoser: Anyone use these?

@zimer77: Too new and people will decide.... I will not convert!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

metro

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Researcher among the shy

Salinger. Armageddon and Avatar writer Shane Salerno took years to find the info he needed for doc about famous author

MATT PRIGGE
Metro World News in New York

J.D. Salinger, left, after the Normandy invasion with his fellow counterintelligence officers. THE ASSOCIATED PRESS

Like many who toil in Hollywood, Shane Salerno had a passion project on the side. While writing for NYPD Blue and getting credits on the likes of Armageddon (he's also James Cameron's co-writer on one of the Avatar sequels), Salerno laboured hard on a look into the unknown (or at least under-known) private life of the most famously private writer of all: J.D. Salinger. The fruits of his labours are now available, namely a documentary and a 700-page book, both called simply Salinger. (And for the record, his favourite Salinger works are the Nine Stories members A Perfect Day for Bananafish and For Esmé — With Love and Squalor.)

Was this always intended to be a non-fiction project?
Initially I wanted to make it as a feature with Daniel Day-Lewis playing Salinger. But I knew how fanatical he was about research. Over the course of all this research I realized it's a documentary. The people I needed to talk to were in their 80s and 90s — this had to go now. And I just started filing them. About six months into the documentary I realized there was no way this story could be told only as a two hour film. That's when the book became important.

Do you view the movie as a gateway attraction for the book, which is bigger and more comprehensive than the two hour film?
I view them as one combined project. They work independently of each other. The book has a ton of material the film doesn't have, and the film has a ton of things the book just can't do — specific cinematic things. The book is about his life and has an enormous amount on his work. The film is about his life with a psychological portrait of his work.

Were some of the people hard to convince to take part?
Sure. In the case of Jean Miller — this was a woman who was 14 when she met Salinger, 19 when their relationship ended, who had a hundred letters from him and had never told her story anywhere. Not only did she talk to us, she gave us all of Salinger's letters to her. They start in '49 and go all the way to 1954, when she's in college, and he's sending her telegrams saying can you come up this weekend? These letters provided this unprecedented look at Salinger.

Did Miller require a lot of coaxing?
I wouldn't say coaxing. She wanted to make sure this was a serious endeavour, and one that would tell her story and Salinger's story honestly. She definitely put us through a hardcore vetting process.

Ultimately how did you wind up convincing her?
I think it was just time. At that point we were eight years in, seven years in, and she had seen the work. And remember if we wanted to do something cheap and exploitive we would have slapped this thing out in 2010, right after he passed away. We had a done film, ready to go when he passed away. There was a lot of pressure to do that. I just knew there was this other material. Because we waited we got things like the only photo of him writing during the war.

Shane Salerno is finally enjoying the fruits of his labour. GETTY IMAGES

Were there myths you wanted to debunk?
That he was a recluse. There was nothing reclusive about J.D. Salinger. Howard Hughes was a recluse. Recluses don't call The New York Times and grant spontaneous interviews. They don't see a 17-year-old girl on the cover of The New York Times Magazine and want to meet her and pursue her. That's another contradiction — he took his picture off of The Catcher in the Rye. That's what I was most interested in — those contradictions.

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Thandie Newton

Newton pregnant with child number three

Thandie Newton is going to be a mom once again. The actress is reportedly pregnant with her third child with her husband, writer-director Ol Parker, according to Us Weekly. Newton and Parker have been married for 15 years and are already parents to daughters Ripley, 12, and Nico, 8. "She couldn't be more happy. You can barely tell she has a bump and she's been dressing different because of it," a source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

McKellan plays priest as Stewart has fun getting hitched

PAT HEALY
Metro World News in Boston

Patrick Stewart is off the market. The former Star Trek captain married Sunny Ozell this weekend, with good friend Ian McKellan officiating the wedding. Always a fan of frivolous fun, the X-Men star announced his marriage by posting a photo to Twitter of himself and Ozell buried neck-deep in a ball pit with the caption, "Yes, married." McKellan also took to Twitter to announce the event, posting a photo of himself with his Doctor of Divinity certificate and a T-shirt with the word "minister" emblazoned on it. "I did my part," he wrote.

Christina Aguilera. ALL PHOTOS GETTY IMAGES

Motherhood puts Aguilera back in good shape

Christina Aguilera has wowed onlookers by getting back into fantastic shape recently, but she insists regular trips to the gym have not been part of the equation. "If I can squeeze in a workout, great. If not, that's OK, too," she tells Maxim magazine. Her secret? Trying to keep up with five-year-old son Max. "Running around with him all day is pretty good exercise," she insists.

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Is there a 'bigorexic' man skulking around your gym?

Fitness. Even without the drug abuse attached to excessive bodybuilding, there can be some serious dangers

LINDA CLARKE
Metro World News

When is big too big, or even dangerously big? That's the question some health experts are asking about excessive bodybuilding. Nicknamed bigorexia, obsessive muscle mass bulking can damage mental and physical well being, especially when it involves dangerous drug use.

"Bigorexia is the term we're using for men who are using substances like anabolic steroids and testosterone to get bigger and bigger," says Dr. Damon Raskin, a board-certified internist with a specialty in men's health. "The danger with taking supplemental testosterone is that it shuts off the body's ability to make it. Depression is a common side effect; it can damage the liver too, as can anabolic steroids."

Similar to anorexia, bigorexia often affects teens who are prone to insecurity or unsure of their physical identity.

"They see these athletes and hear about them using enhancement drugs, and they think it's OK," says Raskin, who says the issue is "becoming a big problem."

He says efforts to educate people about the disorder need to start in schools, and early. And a healthy home life helps too.

"The person who is susceptible is someone who perhaps has a stressful home environment, low self-esteem, or been rejected by a girl or boy."

Warning signs that parents and friends can watch out for include increased aggression and overdoing it on diet and exercise.

"If you see rapid physical changes and someone develops massive biceps in four to six weeks, that's not normal," says Dr. Raskin.

As with any drug dependency and psychological disorder, it's important to seek professional help.

"It's necessary to get psychotherapy to find the underlying problems and treat them," Raskin advises. "Then, we work to balance out hormones. Over time, taking these drugs can cause lasting physical damage, but if caught early enough an endocrinologist can usually reverse any problems."

Supplements

No drugs, no problem?

- **Not true.** Even bigorexics who don't use drugs to help build muscle mass are prone to health problems from excessive exercise and eating too many high-protein foods, like meat, eggs and supplements.

Working out is OK, just don't get obsessive about it. ISTOCK

There's a page for that in the new IKEA Catalogue.

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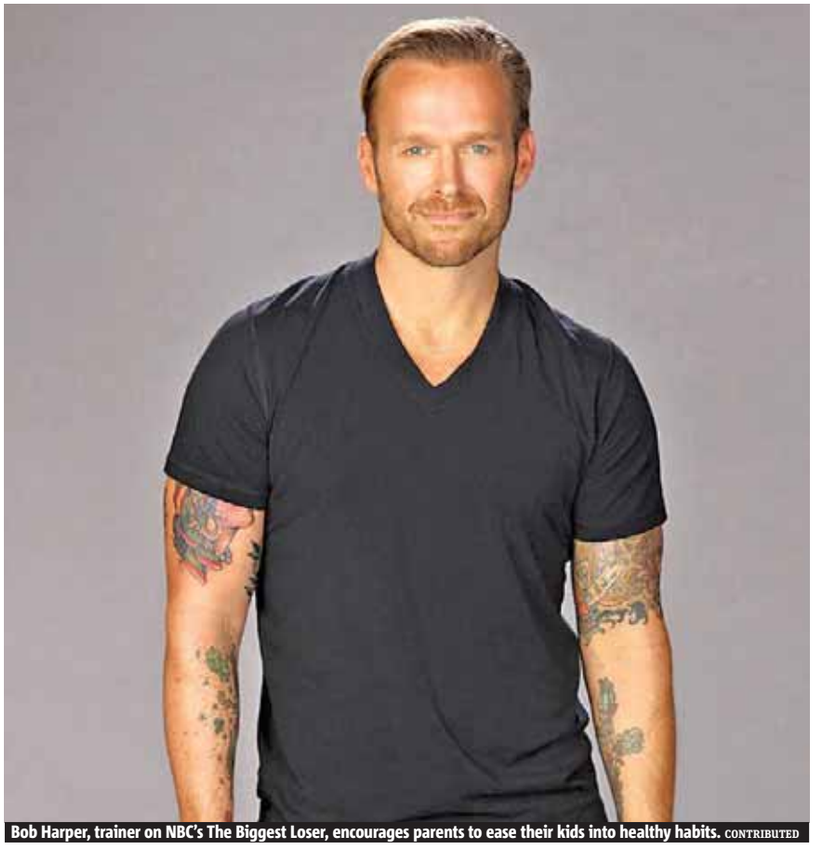


Bob Harper, trainer on NBC's The Biggest Loser, encourages parents to ease their kids into healthy habits. CONTRIBUTED

Make sure your kid isn't the Biggest Loser

Health education. Bob Harper, trainer on the weight-loss show, tells Metro how to get your children thinking and acting healthy

MEREDITH ENGEL
Metro World News

Our children "are sponges," says Bob Harper, trainer on NBC's The Biggest Loser, in that they absorb the behaviours they witness in their parents.

Make sure you're sending out the right signals when it comes to your child's health with these tips from Harper, which he provided at Saturday's U.S. Open.

Set the example

"You can't just tell your kids to go out and play when you've come home from a long day (and sit in front of the TV). I get it. We are all busy, but if you have children you have a responsibility to those children and their future. I think that the only way that real change can happen is when parents get involved," he says.

Food for thought

One more tip

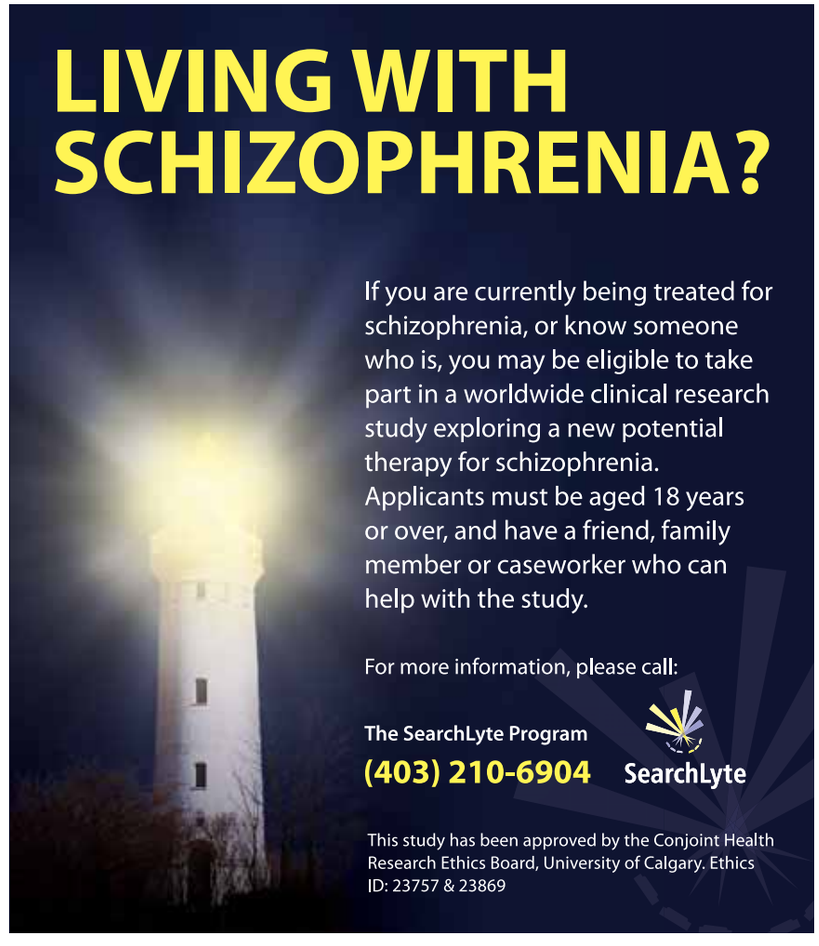
- **Don't rely on fast food.** "You have to get more involved with what our kids are eating so they're not so enticed by that fast food nation that does have billions of dollars to spend in markets to attract our kids: Come to our restaurants and get these toys and play on these playgrounds while still eating this crap for food."

Encourage play

"My mission is to get (kids) playing whatever sport they want to be playing," he says. "The last thing I would want to see is a child in a gym on a treadmill or something like that. … If you're the active parent and you've found something that really works for you, it might not work for your children. Find something that they like to do — that is going to get them active and that's what will keep them going and want to do it more."

Don't keep score

"I don't really like to introduce the competitive element in any kind of sport activity with kids in the beginning," he says. Instead, make the games just about fun. "I think it sets a better tone in the beginning of that camaraderie, that love of whatever sport it is. Hopefully it's going to ignite something in them. Bring in the competition later."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TALKING ABOUT SEX

PRESSMASTER/COLOURBOX

University and college students are heading back to class, but they will also be making tracks to local pubs, residence parties, as well as sorority/fraternity events and the like.

The typical socializing and drinking that often come with these fun events also bring up the matter of sexual health. Or, rather, the lack of attention to sexual health.

After all, who is going to talk condoms and STIs (sexually transmitted infections) when young people are just getting to know each other? Most have no idea of where to start.

"The conversation isn't about how to use a condom, it's communicating about condoms, period," says Brian Parker, sex educator with Options Sexual Health Association in Edmonton. "Knowing how to talk about it, how to negotiate a conversation, is key."

Teaching sex education to junior and senior high students, Parker says teens show a great level of comfort talking about issues like pregnancy, abstinence, masturbation, etc. And thanks to 24/7 access to information and misinformation online, young people are armed with plenty of details, but not necessarily the facts. Most don't realize, for example, that syphilis has been on the rebound since 2006, and that a new antibiotic-resistant gonorrhea is just reaching North America from Eastern points.

"Kids need to hear medically-correct information, but also that not all young people have sex, and that's cool, too," Parker says. "It's all about that open conversation."

At Ottawa's Sexual Health Centre, nurses talk to clients not only about safe sex and negotiating the use of condoms, but also about sexual readiness and abstinence, especially at school-based satellite offices.

"It's important to emphasize that if you can't talk about it, you shouldn't do it," said Pam Oickle, manager of the Ottawa Public Health healthy sexuality and risk reduction unit. "And practising safe sex means talking with your partner. The numbers for chlamydia and gonorrhea remain high in the 15-24 age group, but numbers for those being tested drops at times. Whenever there is a community event, like the Pride parade, response goes up again. Awareness, education and dialogue is key."

– Lucy Haines

PUTTING THE SPOTLIGHT ON SEXUAL HEALTH

Universities and colleges should probably offer a course called condom awareness, aimed at students in this key demographic for STIs (sexually transmitted infections) and unplanned pregnancies.

Statistics bear out these concerns — in Canada, some of the highest rates and increases in STIs are in young people aged 15-24. Health Canada data shows that fewer than half of women report using condoms as a primary form of contraception, and young males (15-24) were less likely to report using a contraceptive at all.

"There is a condom fatigue," says Brian Parker, a sex educator with Options Sexual Health Association in Edmonton. "Young people have an 'it won't happen to me' attitude. They think of HIV/AIDS as a chronic illness now, not as a death sentence. And STIs often have no symptoms at all, so the issue isn't top of mind."

The Canadian Federation of Students (CFS) works with post-secondary student unions around the country to put a spotlight on sexual health. Besides the long-running "no means no" campaign, the CFU also helps provide campuses with low or no-cost safe sex materials.

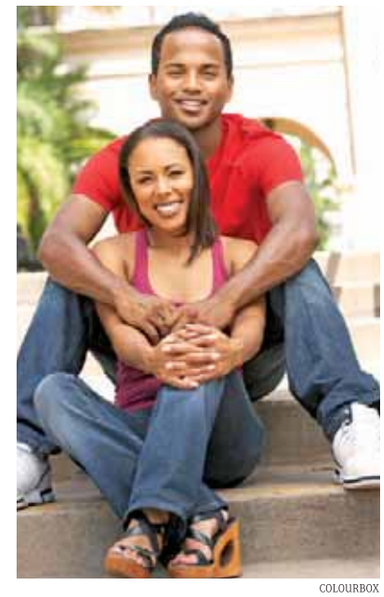
"We want to continue the discussion about healthier relationships and safer sex," says CFU national deputy chairperson Vanessa Hunt.

A team of students working in the University of Alberta's wellness services division offers presentations to student groups, residence gatherings and the like.

"These fresh faces come to the university for the first time and have to navigate challenging social situations," says Jameela Murji, team lead with health promotion services at U of A.

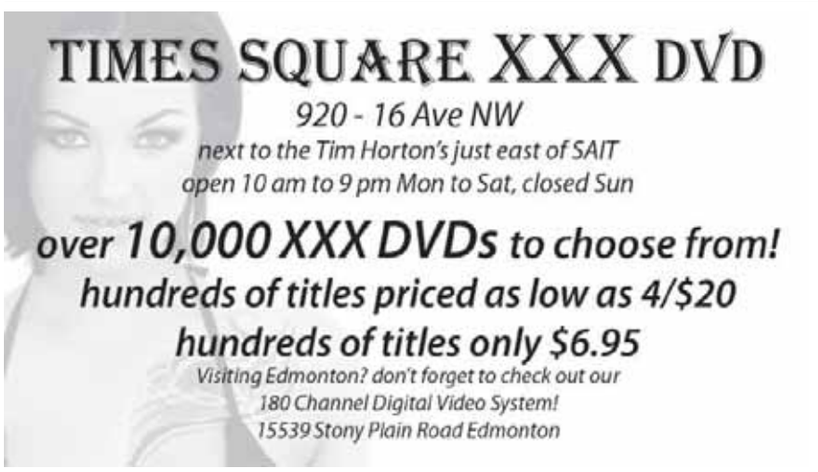
"Our aim is to convey the key message of communicating with a partner and, if they're going to do it, to negotiate safer sex."

The U of A's health clinic provides counselling, STI testing and free condoms, while a student health 101 online magazine brings home the same messages.



COLOURBOX

– Lucy Haines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Soup season is around the corner: Veg & Bean Minestrone

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great vegetarian soup with loads of nutrients.

If you want this to be a complete meal, add six ounces of diced cooked chicken, beef, pork or seafood. You can also substitute the pasta for 1/4 cup rice or quinoa but allow to cook for another 10 to 15 minutes.

1. In nonstick saucepan, heat oil; sauté garlic, onion, carrot and celery until softened, approximately 5 minutes.

2. Add stock, potatoes, broccoli, tomatoes, chickpeas, bay leaves, basil and oregano; cover and simmer for 40 minutes or until vegetables are tender, stirring. Remove bay leaves. Season with pepper to taste.

3. Add pasta; cook 10 minutes, stirring often, or until spaghetti is firm to the bite. Garnish each bowl with cheese. **ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN**

Ingredients

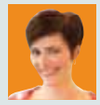
- 1 tbsp vegetable oil
- 1 tsp crushed garlic
- 1 1/2 cups chopped onion
- 1 medium carrot, finely 1 chopped
- 1 small celery stalk, finely 1 chopped
- 4 1/2 cups beef stock
- 1 1/2 cups finely chopped peeled potatoes
- 1 1/2 cups chopped broccoli
- 1 can (19 oz) tomatoes, crushed
- 3/4 cup canned, drained and rinsed chickpeas
- 2 bay leaves
- 1 1/2 tsp each dried basil and oregano
- Pepper
- 1/3 cup broken spaghetti

Garnish

- 3 tbsp grated Parmesan

Health Solutions

If it looks like a duck...



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Don't just stand there! Duck! It is the new white meat and according to Grey County duck farmer Justus Martin (ovenready-ducks.com), the demand is growing.

Here's why: Canada celebrates ethnic diversity that brings with it a yearning for other proteins and duck fits the bill. In addition, as with most lasting trends, it all starts with the high-end restaurants looking to offer a new experience to their demanding clientele.

Duck has more flavour than chicken but is still considered "white meat" and, Muscovy duck is as lean as chicken but it brings a richer flavour. It is an absolute myth that it takes anything more to cook a duck than it does to cook a chicken.

Cooking tips:

- Best on a spit with a simple rub of olive oil and spice.
- Roasts well in the oven just like chicken 350 for 3.5 hours.
- Breasts and drumsticks work well on the barbecue.
- Fall and winter weather just scream for a duck confit which is a hearty fix it and forget it, one pot meal.
- Serve duck with heartier foods with distinct flavours like: cranberries, sage, saffron, orange or onions.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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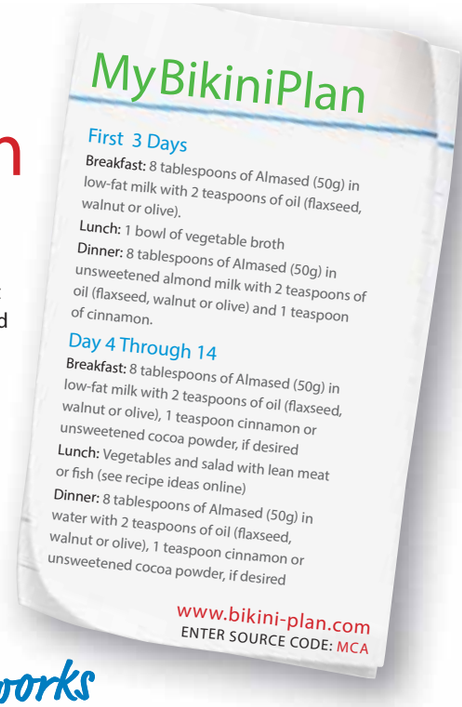
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Reasons Mommy Drinks: Because you hit her with a block and she can't swear

RICHARD CROUSE
Metro World News

Reasons Mommy Drinks, the new book by Lyranda Martin Evans and Fiona Stevenson could have been subtitled What to Expect After You've Been Expecting.

"We really felt like this was the ultimate baby shower gift," said Martin Evans, a five foot seven inch blond with a keen wit and infectious laugh. "Both of us got a lot of doom and gloom books, so when we were writing we thought we wanted to do a baby shower gift book you can read and actually laugh with."

The book is a mom's eye view to surviving the first 18 months of parenting written chronologically from the baby shower to when the little ones are finally starting to walk and talk.

The book is part advice, part bartender's guide that offers up a coping mechanism that comes with a twist — a lemon twist.

Each of the parenting challenges — dealing with nap time, in-laws or the first haircut — is paired with mock or cocktail. The daycare chapter, for instance, is matched with the Day Care Defense, a fruity rum drink they say will "numb your guilt, kill germs and boost your immune system."

Martin Evans and Stevenson met in high school and bonded over a love of writing and performing comedy.

"In the 10th grade, we co-wrote and performed our first standup comedy show — a Full House/Beverly Hills 90210 mash-up — and, in doing so, discovered we had amazing creative chemistry, and a similar comedic voice," says Stevenson, a bright-eyed brunette with a ballerina build and an infectious smile.

Those shared interests fuelled their friendship through university.

Fiona Stevenson, left, and Lyranda Martin Evans, authors of Reasons Mommy Drinks. GUSTAVO GONZALEZ

"After graduating from Queen's and embarking on full-time careers in marketing and advertising, we looked for new ways to join forces creatively. We did the Second City conservatory program together, co-produced sold-out musical variety shows for charity and founded a sketch comedy troupe called Math is Hard."

Two years ago when the friends found themselves pregnant at the same time, Martin Evans says they looked for a way to use their "creative writing skills and do something we enjoy." After some thought they gave birth to reasonsmommydrinks.com.

"Like all working moms, we are time starved and want to maximize our time with our families," Stevenson says. "Our long history of creative collaboration and shared work ethic makes us an incredibly productive team. It's amazing what we can accomplish in a two-hour power writing session during nap time.

"We wanted to give a voice to the new generation of moms — accomplished, ambitious women who, as they transition to their new role as parents, want to do the absolute best for their new baby in every possible way, without completely losing themselves in the process. To a time-starved, sleep-deprived new mom, it can feel like an impossible task at times, and we discovered there's a lot of comedic gold in that daily struggle."

The blog was an instant hit. "Parents immediately got the joke behind the title," says Stevenson. Voted best blog from Toronto Mom Now, it inspired them to think beyond the internet.

"The book is about the first year-and-a-half, which I found really hard," Martin Evans says. "I did not have the kid who went to sleep. You see those mothers who have that perfect kid who sleeps all the time, wakes up happy. I didn't have that kid. Neither did Fiona. We had high maintenance kids.

"But all the things that, at the time were frustrating are now really funny. Tragedy plus time equals comedy."

Martin Evans says the tone of the book is tongue-in-cheek, but she hopes parents — or even single people, who she says can, "use it as a birth control reminder" — will read the book and realize that they are not alone.

"I think different women will take away different things from the book," Martin Evans says. "The overarching theme, the best thing you can take away from it is, we're all in this together and it is so worth it. The very last drink in the book is the Kool Aid. It's like, drink the Kool Aid. It's worth it."

Put your money where the cash is

YOUR MONEY
Alison Griffiths
money@metronews.ca

I've previously written that the key to successful saving and investing was having a balance between equities (stocks), bonds and cash.

Several readers questioned the need for cash in a portfolio. Yes, interest rates are paltry, and likely to continue for some time, but during stock market turbulence any kind of positive return can be a lifesaver.

Cash plays four important roles in a financial plan.

1. Cash provides ballast

That's how my old friend Eric Kirzner professor of finance at the Rotman School of Business refers to the role of cash for investors. When the market takes a dive, this stolid holding is still there providing a return.

In fact, there have been many times over the past 20 years when cash has performed better than equities. We all remember the stock market carnage of 2008 and 2009 — cash was king during those years. It was also the winning investment in 1981, 1987, 1990, 2001 and 2002.

2. Cash equals opportunity

Those with cash can swoop in and buy when the stock market swoons. Too often investors flee for the sidelines after a market crash. But the savvy folk use cash to buy good quality stocks at a bargain. Don't we all wish we'd done that in 2008 and 2009?

3. Cash is a rebalancing tool

Top money managers tell me that up to 60 per cent of the profit they generate comes from the process of returning a portfolio to its original allocation of equities, bonds and cash. Having cash allows investors to tweak their portfolios and put more money into asset classes that are sagging. This vital housekeeping discipline keeps a portfolio healthy, but without cash investors are forced to sell bonds or equities in order to rebalance.

Cash should play an important role in your financial plan. ISTOCK

4. Cash is an emergency saviour

When the car is kaput or the roof leaks, cash will bail you out. Emergency cash should be kept in a savings or Tax Free Savings Account for ready access. It's far better to have cash sitting there earning one per cent than be forced to pay four to 29 per cent on lines of credit or credit cards. It isn't sexy but cash is absolutely the most useful saving and investing tool.

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Lance Armstrong

IOC wants bronze medal returned

The IOC wants Lance Armstrong to hand back his Olympic medal.

IOC vice-president Thomas Bach says Armstrong and the U.S. Olympic Committee had been asked to return the bronze medal that the American won at the 2000 Olympics in Sydney.

Armstrong was stripped of his seven Tour de France titles and banned for life from elite sports.

THE ASSOCIATED PRESS

MLB

Orioles defuse Bronx Bombers

Chris Tillman took a three-hitter into the eighth inning and the Baltimore Orioles beat the New York Yankees 4-2 on Monday night.

With the victory, the Orioles moved within 1 1/2 games of idle Tampa Bay for the second AL wild card. The Yankees fell three games behind Tampa Bay.

THE ASSOCIATED PRESS

NFL

Fan dead after fall from overpass

NFL opening-day excitement was tarnished with the death of one fan who fell from a pedestrian overpass outside the big game in San Francisco, and injuries to two others from falls inside the Indianapolis stadium.

Early indications suggest 32-year-old Kevin Hayes fell accidentally, San Francisco police Chief Greg Suhr said.

THE ASSOCIATED PRESS

Miikka Kiprusoff will not return for a 10th season with the Flames — the 36-year-old goalie has retired from the NHL. GETTY IMAGES FILE

It's official: Kipper retires from NHL

End of an era. Goalie leaves Flames with team records for wins, games played, shutouts

After a summer of reflection, Miikka Kiprusoff decided to stick with his original plan.

The Calgary Flames goaltender announced his retirement from the NHL on Monday, a move that was expected by both the team and many of its fans.

The 36-year-old spent the last nine seasons with the Flames, including the club's memorable run to the 2004 Stanley Cup final.

Kiprusoff said he made the decision at the end of last season, but took the summer to be "100 per cent sure."

"It's an important decision for me personally, my family, the Flames organization and fans," Kiprusoff said in a release. "I've been very lucky to have spent 10 years of my career in Calgary. There is no better place to live and play."

Kiprusoff holds team records for wins (305), games played (576) and shutouts (41).

With the Flames well out of the playoff picture, the team discussed dealing the veteran netminder at last season's trade deadline. Although he didn't have a no-trade clause, Kiprusoff indicated that he would not report to another team if dealt. The Toronto Maple Leafs pushed hardest to acquire his services but were unable to convince Kiprusoff to leave southern Alberta.

"Miikka Kiprusoff has been the backbone of the Calgary Flames since his arrival here in 2003, and every night for more than 70 nights per season, his magnificence between the pipes gave the team a chance to win," Calgary general manager Jay Feaster said. "He inspired hope and confidence, and he made those around him better players as a result of his brilliance."

THE CANADIAN PRESS

Vezina-calibre goalie

Miikka Kiprusoff won the Vezina Trophy after the 2005-06 season in which he finished with a 42-20-11 record, a 2.07 goals-against average, .923 save percentage and a team record 10 shutouts.

Nadal outshines Djokovic for 13th major title

Hard to believe this is the same Rafael Nadal who was home during the U.S. Open a year ago, nursing a bad left knee.

Hard to believe this is the guy sent packing in the first round of Wimbledon in June, losing against someone ranked 135th.

Looking fit as can be and maybe even better than ever, the No. 2-ranked Nadal pulled away from No. 1 Novak Djokovic 6-2, 3-6, 6-4, 6-1 on Monday in a taut, tense U.S. Open final for his 13th Grand Slam title.

"Very, very emotional, no?" Nadal said during the on-court trophy presentation. "Probably only my team knows how much (this) means for me."

They started in sunlight and finished at night, a three-hour, 21-minute miniseries of cliffhangers and plot twists and a pair of protagonists who inspired standing ovations in the middle of games.

There was no quit in either of them, during points that lasted 15, 25, even more than 50 strokes.

"Probably nobody brings my game to the limit like Novak," said Nadal.

This was their 37th match against each other, the most between any two men in the Open era, and Nadal has won 22. It also was their third head-to-head U.S. Open final in the last four years. Nadal beat Djokovic for the 2010 title, and Djokovic won their rematch in 2011.

They know each other's games so well, and play such similar hustle-to-every-ball styles, but in the end, it was Nadal who was superior.

"He was too good. He definitely deserved to win this match today and this trophy," Djokovic said.

THE ASSOCIATED PRESS

Rafael Nadal beat Novak Djokovic in the U.S. Open final on Monday. MATTHEW STOCKMAN/GETTY IMAGES

Cary Williams of the Eagles sacks Redskins quarterback Robert Griffin III on Monday in Landover, Md. ROB CARR/GETTY IMAGES

Eagles flying high with new offence

NFL. Under new coach, Philadelphia upstages RG3 in his return from major knee surgery

Monday Night Football

Eagles	Redskins
33	27

Just try to keep up with Michael Vick, LeSean McCoy and the Philadelphia Eagles this season. Robert Griffin III and the Washington Redskins sure couldn't.

Playing at a frenetic pace that left the Redskins bumbling and stumbling, the Eagles unleashed coach Chip Kelly's offence on the NFL and crammed 77 plays into 60 minutes of football. They had their share of miscues, of course, but they held on for a 33-27 upset of the defending NFC East champs.

Vick, running the don't-take-a-breath attack that won 87 per cent of the time during Kelly's four years at the University of Oregon, completed 15 of 25 passes for 203 yards and two touchdowns, and he ran nine times for 56 yards and a score. McCoy had 31 carries for 184 yards, including a 34-yard TD. DeSean Jackson piled up 104 yards on seven catches.

Vick hit Jackson for a 25-yard touchdown and Brent Celek for a 28-yard score, then found the end zone himself on a three-yard run — and that was just the first half. It would have been a bigger rout if Vick hadn't missed three open receivers in the first quarter, or if his sideways lateral on first-and-goal at the 4 hadn't been tipped by linebacker Ryan Kerrigan and returned 75 yards for a Redskins touchdown.

Perhaps the most remarkable accomplishment by Vick, McCoy, Kelly and the Eagles: They managed to upstage Griffin. The game was played eight months to the day since the Redskins quarterback had major knee surgery, and his return Monday was the culmination of a dedicated, high-profile rehab that included a public clash with Washington coach Mike Shanahan.

THE ASSOCIATED PRESS

MLB

Pirates guaranteed winning season

Clinching their first winning season since 1992, rookie Gerrit Cole had a career-high nine strikeouts over seven innings to outpitch Yu Darvish and lead the Pittsburgh Pirates to a 1-0 victory over the Texas Rangers on Monday night. THE ASSOCIATED PRESS

NHL

Islanders make captain of Tavares

Dynamic centre John Tavares is the New York Islanders' new captain.

Tavares is the 14th captain in the team's 42-year history. He succeeds defenceman Mark Streit, who left as a free agent to join the Philadelphia Flyers.

THE ASSOCIATED PRESS

NBA

Nets to retire Kidd's No. 5

The Brooklyn Nets will retire the No. 5 jersey of Jason Kidd, who led the franchise to its greatest NBA success as a player and is now its coach. The Nets said Monday the ceremony will take place before an Oct. 17 pre-season game. THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	87	58	.600	—
Tampa Bay	78	64	.549	7½
Baltimore	77	66	.538	9
New York	76	68	.528	10½
Toronto	67	76	.469	19

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	82	62	.569	—
Cleveland	77	66	.538	4½
Kansas City	75	69	.521	7
Minnesota	62	80	.437	19
Chicago	58	85	.406	23½

WEST DIVISION

	W	L	Pct	GB
Oakland	83	60	.580	—
Texas	81	62	.566	2
Los Angeles	67	76	.469	16
Seattle	65	78	.455	18
Houston	47	96	.329	36

Monday's results
Baltimore 4 N.Y. Yankees 2
Chicago White Sox 5 Detroit 1
Cleveland 4 Kansas City 3
Minnesota 6 L.A. Angels 3
Pittsburgh 1 Texas 0
Houston at Seattle

Sunday's results
Chicago White Sox 4 Baltimore 2
Kansas City 5 Detroit 2
N.Y. Mets 2 Cleveland 1
N.Y. Yankees 4 Boston 3
Oakland 7 Houston 2
Tampa Bay 4 Seattle 1
Texas 4 L.A. Angels 3
Toronto 2 Minnesota 0

Tuesday's games — All Times Eastern
Kansas City (Guthrie 13-10) at Cleveland (McAllister 7-8), 7:05 p.m.
N.Y. Yankees (Nova 8-4) at Baltimore (Gonzalez 9-7), 7:05 p.m.
L.A. Angels (Williams 6-10) at Toronto (Buehrle 11-7), 7:07 p.m.
Boston (Buchholz 9-0) at Tampa Bay (Price 8-7), 7:10 p.m.
Pittsburgh (Liriano 15-7) at Texas (Perez 9-3), 8:05 p.m.
Oakland (Parker 11-6) at Minnesota (Hendriks 1-2), 8:10 p.m.
Detroit (Porcello 11-8) at Chicago White Sox (Johnson 0-1), 8:10 p.m.
Houston (Lyles 6-7) at Seattle (Saunders 11-13), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	86	57	.601	—
Washington	74	69	.517	12
Philadelphia	66	77	.462	20
New York	64	78	.451	21½
Miami	53	89	.373	32½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	83	60	.580	—
Pittsburgh	82	61	.573	1
Cincinnati	82	63	.566	2
Milwaukee	62	80	.437	20½
Chicago	61	82	.427	22

WEST DIVISION

	W	L	Pct	GB
Los Angeles	83	59	.585	—
Arizona	72	70	.507	11
Colorado	66	78	.458	18
San Diego	65	77	.458	18
San Francisco	64	79	.448	19½

Monday's results
Atlanta 5 Miami 2
Chicago Cubs 2 Cincinnati 0
Washington 9 N.Y. Mets 0
Arizona at L.A. Dodgers
Colorado at San Francisco

Sunday's results
Cincinnati 3 L.A. Dodgers 2
Milwaukee 3 Chicago Cubs 1
Philadelphia 3 Atlanta 2
San Diego 5 Colorado 2
San Francisco 3 Arizona 2 (11 innings)
St. Louis 9 Pittsburgh 2
Washington 6 Miami 4

Tuesday's games — All Times Eastern
San Diego (Cashner 8-8) at Philadelphia (Cloyd 2-3), 7:05 p.m.
Chicago Cubs (Jackson 7-15) at Cincinnati (Cingrani 7-3), 7:10 p.m.
Atlanta (Teheran 11-7) at Miami (Koehler 3-9), 7:10 p.m.
Washington (Zimmermann 16-8) at N.Y. Mets (Gee 11-9), 7:10 p.m.
Milwaukee (Peralta 9-14) at St. Louis (Miller 12-9), 8:15 p.m.
Arizona (Cahill 6-10) at L.A. Dodgers (Volquez 9-11), 10:10 p.m.
Colorado (De La Rosa 16-6) at San Francisco (Vogelsong 3-5), 10:15 p.m.

CFL

WEEK 11

EAST

	GP	W	L	T	PF	PA	Pt
Toronto	10	6	4	0	290	259	12
Hamilton	10	5	5	0	266	277	10
Montreal	10	4	6	0	245	285	8
Winnipeg	10	2	8	0	217	308	4

WEST

	GP	W	L	T	PF	PA	Pt
Saskatchewan	10	8	2	0	325	227	16
Calgary	10	8	2	0	320	246	16
B.C.	10	6	4	0	265	266	12
Edmonton	10	1	9	0	234	294	2

Sunday's results
Toronto 37 Montreal 30
Winnipeg 25 Saskatchewan 13

WEEK 12
Friday's game — All Times Eastern
Hamilton at Calgary, 9 p.m.
Saturday, Sept. 14
Winnipeg at Edmonton, 6:30 p.m.
Toronto at Saskatchewan, 9:30 p.m.
Sunday, Sept. 15 — Montreal at B.C., 4:30 p.m.

NFL

WEEK ONE

Monday's results
Philadelphia 33 Washington 27
Houston at San Diego

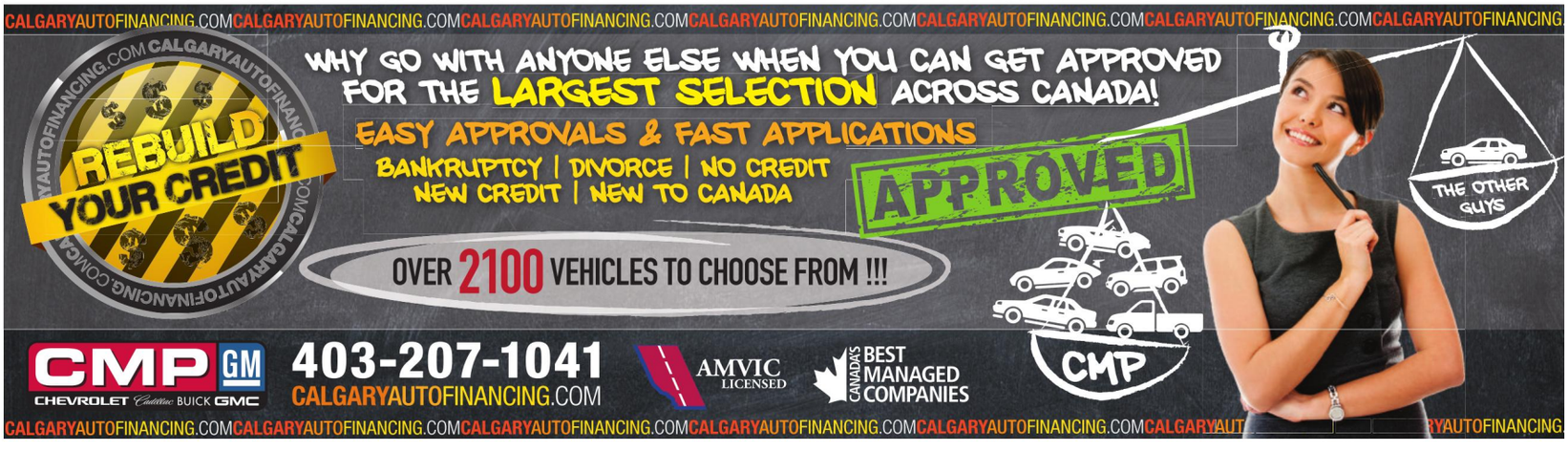
Sunday's results
Chicago 24 Cincinnati 21
Dallas 36 N.Y. Giants 31
Detroit 34 Minnesota 24
Indianapolis 21 Oakland 17
Kansas City 28 Jacksonville 2
Miami 23 Cleveland 10
New England 23 Buffalo 21
New Orleans 23 Atlanta 17
N.Y. Jets 18 Tampa Bay 17
San Francisco 34 Green Bay 28
Seattle 12 Carolina 7
St. Louis 27 Arizona 24
Tennessee 16 Pittsburgh 9

Thursday's result
Denver 49 Baltimore 27

MLS

Sunday's results
Montreal 4 New England 2
Chivas USA 1 D.C. United 0
New York 4 Houston 1
San Jose 1 Philadelphia 0

Wednesday's game — All Times Eastern
Chicago at Toronto, 7:30 p.m.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Horoscopes

♈ Aries
March 21 - April 20
A social invitation will come your way and you should snap it up. Life is too short to waste on things of no importance, including working for other people on projects you have no real attachment to.

♉ Taurus
April 21 - May 21
Recent struggles may have you down but there are still plenty of reasons to be cheerful. Life is full of joys and wonders — all you have to do is open your eyes and heart.

♊ Gemini
May 22 - June 21
You may be reluctant to start something new because you sense it is going to be tougher than you expected. You're right, it will. But if you give up now, you will regret it later.

♋ Cancer
June 22 - July 23
You sometimes find it hard to look on the positive side of life but over the next few days you will discover no end of reasons to smile. Remember: You are not a victim and life is what you choose to make of it.

♌ Leo
July 24 - Aug. 23
It seems you have an urgent need to feel accepted by people you work with. That could lead to you doing things that are not in your long-term interests. The best way to impress people is to be yourself.

♍ Virgo
Aug. 24 - Sept. 23
Why are you attaching so much importance to things that are not worth worrying about? You need to snap out of it and get your mind back on track — the one that leads to your dream.

♎ Libra
Sept. 24 - Oct. 23
What others say can't be done, you will do just for the fun of it. If you focus your energy in one direction, you'll achieve something that amazes.

♏ Scorpio
Oct. 24 - Nov. 22
Don't worry too much if your temper gets the better of you and you snap at someone you love. Your solar chart indicates that by this time tomorrow you will be best buddies again.

♐ Sagittarius
Nov. 23 - Dec. 21
Try to focus on an activity that involves you on every level — mental, physical, emotional. If you put everything you've got into what you do today, the results will be spectacular and highly profitable too.

♑ Capricorn
Dec. 22 - Jan. 20
Anything of a creative nature will go well over the next few days, so give yourself permission to dream and let your inner compass guide you in the right direction.

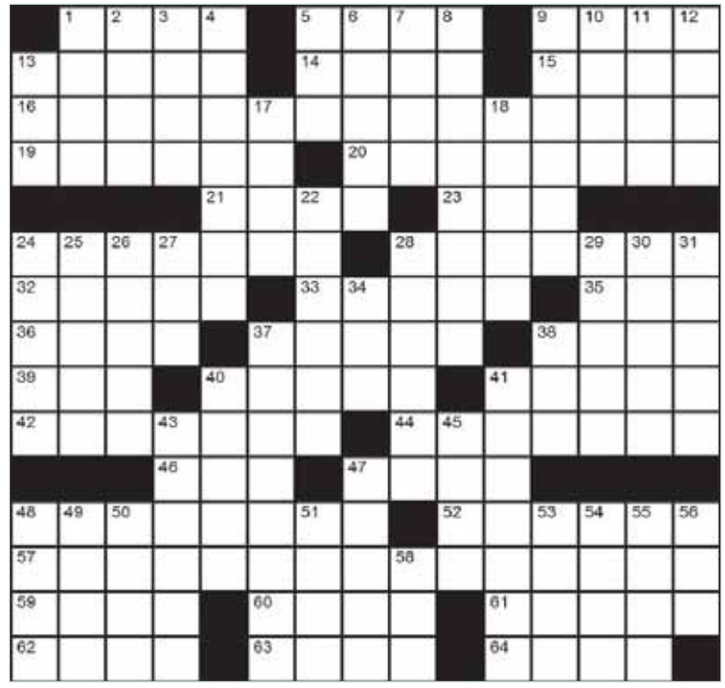
♒ Aquarius
Jan. 21 - Feb. 19
Force yourself to enjoy what you have to do today, even if it isn't your first choice or your second. It will go better than expected and you can reward yourself by indulging in what you do enjoy this evening.

♓ Pisces
Feb. 20 - March 20
Go somewhere you have never been before. Do something you have never done before. The planets suggest you can afford to be adventurous. In fact, you will regret it later if you stay too close to home now. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

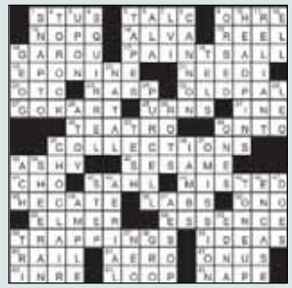
BY KELLY ANN BUCHANAN



Across
1. Etna extraction
5. Outline
9. Be in need of Gold Bond
13. Not-leaving prisoner
14. Berry found in the Amazon Rainforest
15. Intl. alliance created in 1949
16. People on BlackBerrys, for instance: 2 wds.
19. Run off the track
20. Herman __ (Novelist of Moby-Dick; or, The Whale)
21. Certain
23. South: French
24. Coleslaw's content
28. Discharge
32. The Hunter constellation
33. __ Kea (Site of observatories in Hawaii)
35. The Pacific __
36. Prefix meaning 'Self'
37. Teachers of yore
38. Like an owl
39. Some radios, e.g.
40. Fashion mag
41. Cut
42. Cushy barn section
44. Most times
46. Cartoon fight sound effect!
47. "I'm Yours" singer Jason
48. Passage-hindering war tactic
52. Acadian dish of grated potatoes, __ Pie
57. Medieval-inspired futuristic cartoon series of yore in Canada: 3 wds.
59. Entr'__ (Theatrical interlude)
60. Stretched tight
61. Effort to achieve a goal
62. Filmed a movie
63. The Beatles' Pepper, et al.
64. Guesses [abbr.]

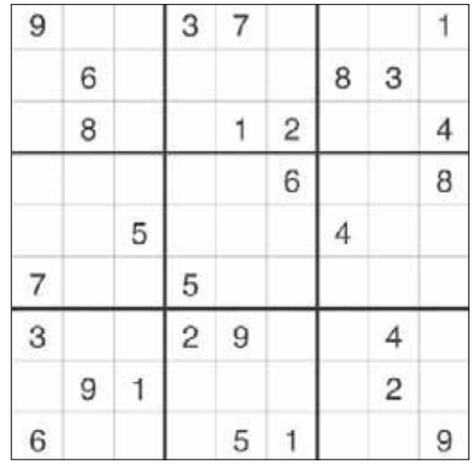
Down
1. Green hue
2. Way over yonder
3. Waitress on "Alice"
4. Craftsperson
5. "Well, __-di-dah!"
6. Green Day's "When _ __ Around"
7. Pony's pride
8. They measure television viewership
9. Newsmagazine show, "__ Edition"
10. Unit of weight in China
11. Keyboard key
12. Outdoor tap hookup
13. John Lennon's unintended acronym
17. Socket's insertee
18. Droplet-looking throat part
22. Outfit the boat with a new sail-support, say
24. Sports team leader
25. Popular island retreat
26. Itsy-__
27. Scarer's sound!
28. "__ Has It" by Adele
29. Princess in "The Little Mermaid" (1989)
30. __ rug
31. Manicure board
34. Get weapons
37. Canadian brothers band, The __
38. "Huh...?"
40. "Twistin' the Night Away" by Sam __
41. Leonard Cohen song title lady
43. Necklace's storing-little-things piece
45. Wrapped garment
47. "You know you gotta help __ ___..." - The Killers
48. Arm: French
49. __ Ness Monster
50. Eight: Prefix
51. Burden
53. Greek letters
54. Station
55. Promissory notes
56. Mr. Asner's
58. "Holding Out for a Hero" singer ...her initials-sharers

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

9	6	8	4	7	3	5	2	1
2	7	4	6	1	5	3	9	8
3	1	5	2	8	9	4	7	6
4	3	1	8	9	2	7	6	5
5	8	9	3	6	7	1	4	2
6	2	7	1	5	4	9	8	3
8	9	6	5	4	1	2	3	7
7	5	2	9	3	8	6	1	4
1	4	3	7	2	6	8	5	9

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 23° MIN: 10°	MAX: 26° MIN: 11°	MAX: 25° MIN: 14°

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